



PUBLIC HEALTH

**ALWAYS WORKING FOR A SAFER AND
HEALTHIER WASHINGTON**

Food Fitness and Our Kids
WA State Board of Health, 2004



Today's Presentation

- Introduction
- Project Overview
- Benton-Franklin's Community Forum and Expected Results
- Sample of Benton-Franklin's Community Forum Presentations
- Results and Next Steps
- Questions



2003-2005 Work Priorities:

- Maintain and improve the public health system
- Ensure fair access to critical health services
- Improve health outcomes and increase value of health care
- Explore ways to reduce health disparities
- **Improve nutrition and increase physical activity in schools**
- Reduce tobacco use
- Safeguard healthy air and healthy water



Rationale for School Focus

- Kids inactivity and poor nutrition is a serious concern – we are all worried about.
- Kids spend a large portion of their day in schools.
- Current school policies and practices may not be supporting healthy habits.

Rationale for School Focus

- Relationship between health and learning readiness.
- Kids can consume 1-2 meals plus snacks at school.
- Schools have been shown to have the potential to make a real difference.



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Community Forums bring together:

- School board members
- Food service staff
- School administrators, teachers, and nurses
- Health professionals
- Parents
- Students
- Elected officials

Community Forums are designed to:

- Increase awareness of the many problems associated with childhood obesity and inactivity.
- Share best practices, policies and recommendations for improving the environment.
- Solicit commitment from key decision makers to continue work on this issue.



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Community Forum's long term goal:

- To establish policies and practices in schools that will positively contribute to students' nutrition and fitness.



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Some of our partners:

- Center for Public Health Nutrition
- Washington State DOH
- Washington State School Directors Association
- Office of Superintendent of Public Instruction
- Washington School Food Service Association
- Washington State PTA
- Local Health Jurisdictions



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Local Health Jurisdictions

- Clark
- Island
- Benton-Franklin
- Tacoma/Pierce County
- Seattle/King County



Community Forum Presentation:

- Childhood obesity & nutrition
 - Health
 - Socio-economic
 - Psycho-social
 - Academics
- The school's role in prevention of obesity & promotion of good health habits

SB 5436 is coming...

- Each District's Board of Directors needs to establish its own policy by August 1, 2005.
- The policy needs to cover access to nutritious foods, exercise, and accurate information related to these topics.



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- Mini Community Forum Presentations
- Results and Next Steps
- Questions